

# STATE OF NEW YORK

4136

2023-2024 Regular Sessions

## IN ASSEMBLY

February 10, 2023

Introduced by M. of A. WALLACE -- read once and referred to the Committee on Education

AN ACT to amend the public health law and the education law, in relation to establishing a statewide youth mental health and social media campaign to promote public awareness of the impacts of social media usage on mental health

The People of the State of New York, represented in Senate and Assembly, do enact as follows:

1 Section 1. Article 25 of the public health law is amended by adding a  
2 new title 7-A to read as follows:

3 TITLE VII-A  
4 SOCIAL MEDIA

5 Section 2596. Statewide youth mental health and social media campaign.  
6 § 2596. Statewide youth mental health and social media campaign. 1.  
7 The commissioner, in conjunction with the commissioner of education, the  
8 commissioner of mental health, and the director of the office of infor-  
9 mation technology services, shall establish a statewide youth mental  
10 health and social media campaign to promote public awareness of the  
11 impacts of social media usage on mental health. Such program shall be  
12 directed at children and young adults, their parents, and educators.  
13 2. Such program shall include, but not be limited to:  
14 a. educating people on the negative impacts social media can have on  
15 young people's mental health;  
16 b. promoting public awareness of existing research and statistics  
17 regarding youth mental health and social media use;  
18 c. educating people on techniques to reduce feelings of isolation and  
19 anxiety, increase sleep quality, and reduce the effects on mental health  
20 caused by cyberbullying;

EXPLANATION--Matter in italics (underscored) is new; matter in brackets  
[-] is old law to be omitted.

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1 d. promoting healthy behaviors related to young people's use of social  
2 media;

3 e. increasing awareness of and access to youth mental health  
4 resources; and

5 f. promoting alternative methods of self-expression.

6 3. On or before July first of each year, the commissioner, in conjunc-  
7 tion with the commissioner of education, the commissioner of mental  
8 health, and the director of the office of information technology  
9 services, shall submit a report to the governor, the speaker of the  
10 assembly, and the temporary president of the senate on the effectiveness  
11 of the statewide youth mental health and social media campaign and  
12 recommendations on changes which should be made to any laws, rules, or  
13 regulations relating thereto.

14 § 2. The education law is amended by adding a new section 805 to read  
15 as follows:

16 § 805. Courses of study on social media usage. 1. The regents shall  
17 ensure that the course of instruction in grades kindergarten through  
18 twelve includes a component on social media usage. Such component shall  
19 instruct students on:

20 (a) the negative impacts social media can have on mental health;

21 (b) research and statistics regarding youth mental health and social  
22 media use;

23 (c) techniques to reduce feelings of isolation and anxiety, increase  
24 sleep quality, and reduce the effects on mental health caused by cyber-  
25 bullying;

26 (d) healthy social media use behaviors;

27 (e) mental health resources available to students; and

28 (f) methods of self-expression other than social media.

29 2. The commissioner, in conjunction with the commissioner of health,  
30 the commissioner of mental health, and the director of the office of  
31 information technology services, shall provide technical assistance to  
32 assist in the development of curricula for such courses of study which  
33 shall be age appropriate and developed according to the needs and abili-  
34 ties of pupils at successive grade levels.

35 3. The board of education or trustees of every school district shall  
36 provide appropriate training and curriculum materials for the regular  
37 teachers who provide such instruction.

38 § 3. This act shall take effect on the first of July next succeeding  
39 the date on which it shall have become a law. Effective immediately, the  
40 addition, amendment and/or repeal of any rule or regulation necessary  
41 for the implementation of this act on its effective date are authorized  
42 to be made and completed on or before such effective date.